

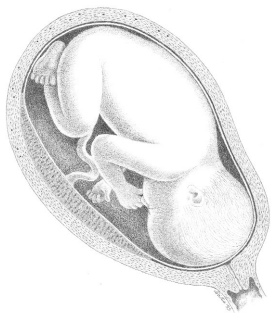
# You Should Know...

## About Your Baby's Growth – Third Trimester

That special time is about to arrive! Continue to take care of your health and do the right things during your pregnancy. A pregnancy lasts approximately nine months. The nine months are divided in thirds or trimesters. Each of the trimesters is approximately three months or 12 weeks.

By week 25 of your pregnancy, you have entered your third trimester. This means you are at the end of your pregnancy. These next weeks will be exciting, because you will now prepare for the arrival of your baby. It is important to learn about how your baby is developing and about the health care you need. During pregnancy, prenatal care is regular health care. Starting prenatal care early and keeping all of your appointments is important for monitoring both you and your baby's health.

This article tells how your baby is developing during the third trimester and gives you tips to help you have a healthy pregnancy.



### Weeks 25-30

- ♡ The baby is about 14 to 17 inches long and weighs two to three pounds.
- ♡ The baby continues to be active in the womb.
- ♡ The baby's bones begin to harden, and the skin looks less wrinkled.
- ♡ The eyebrows and eyelashes are developed.
- ♡ Your breasts may leak, as they get ready to make breast milk.
- ♡ You're gaining weight more quickly now, so your legs and feet may start to feel the strain.
- ♡ Your blood pressure may increase slightly. Talk to your health care provider about relaxation exercises.
- ♡ Call your health care provider if you have any signs of preterm labor.

Sources: California Department of Health Services' Maternal and Child Health Branch, Healthy Mom, Healthy Baby Handbook, BabyCal Pregnancy Calendar, [www.babyworld.co.uk](http://www.babyworld.co.uk)

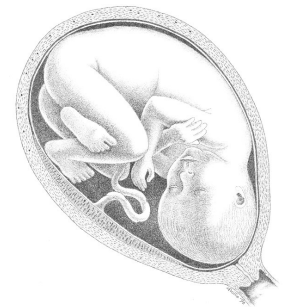


### Weeks 31-35

- ♡ The baby is about 18 inches long and weighs about five pounds.
- ♡ The baby's brain is developing more quickly, and the baby can focus his/her eyes and blink.
- ♡ The baby may get hiccups, which you can feel as little jerks.
- ♡ The baby may turn around and stay in the same position until birth.
- ♡ Now is the time to prepare yourself, your family and your home for your new baby.
- ♡ Continue your daily routine but take time to rest three times a day for at least one hour each time.
- ♡ Ask your health care provider what you can do if you have heartburn, trouble sleeping or leg cramps.
- ♡ Take baby care and breastfeeding classes. Ask the baby's father or a friend to go with you.

### Weeks 36-40

- ♡ The baby is about 19 inches long, weighs about six pounds, and now gains about two pounds a week.
- ♡ The baby's systems are now functioning and he/she is ready to begin life as a separate being.
- ♡ The baby will be getting into the position ready for birth.
- ♡ Continue to exercise and practice breathing exercises.
- ♡ Your prenatal appointments should now be weekly.
- ♡ Keep a list of important phone numbers near the phone so that you can contact your midwife or the hospital quickly if you need to.
- ♡ Find the quickest route to hospital.



Remember, even if you are feeling great, it is very important to get regular prenatal care. Prenatal care can make sure you and your baby are healthy.

This insert article is the third in a three-part series, and covers weeks 25-40.